

# Test Anxiety Reduction Workshop

This workshop address the cognitive and behavioral causes of test anxiety, and provides skills/strategies to reduce anxiety in testing situations and improve performance.

**Date: Dec. 2nd (Tues.)**

**Time: 3:30 pm – 4:50 pm**

**Location: Warren Lecture Hall, rm 2207**

*This is a drop in workshop, but please direct questions to:*

Ryan Stevenson, PhD (CAPS)

(858) 534-0255, ([rfstevenson@ucsd.edu](mailto:rfstevenson@ucsd.edu))

Joanna Boval, Director: Office for Students with Disabilities

(858) 534-4382, ([jboval@ucsd.edu](mailto:jboval@ucsd.edu))

*This meeting is not professional counseling. If you would like professional counseling or mental health treatment please call the CAPS central office at 858 534 3755 to arrange an appointment.*



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